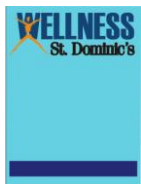


Wellness St. Dominic's



Employees Working Well

Deidre Mooney
Corporate Wellness Coordinator

A Culture of Health

- ▶ Communicating the message.
- ▶ A creative and engaged Wellness Team.
- ▶ Determining the needs of the employee population through data collection.
- ▶ Creating appropriate Wellness offerings by evaluating the data.
- ▶ Yearly evaluation of outcomes.

Communicating The Message

- ▶ Senior management
- ▶ Wellness Committee/Champions
- ▶ Intranet
- ▶ Flyers
- ▶ Bulletin Boards
- ▶ Distributed with paychecks
- ▶ Wellness Champions

Creative Wellness Team

- ▶ Twenty-five member Wellness Committee.
- ▶ Including all levels of management.
- ▶ Representing diverse service areas.
- ▶ Meets monthly.
- ▶ Enthusiastic, engaged, creative.

Determining The Need

- ▶ Annual employee biometric screenings.
- ▶ Annual health assessments.
- ▶ Data evaluated by wellness team, senior management, benefits team and employee health management vendor.
- ▶ Aggregate data collection results determine top five health risks.
- ▶ Strategic program planning centered on top five health risks.

Effective Program Design

- ▶ Quarterly Focus
 - January – February – March
- Physical Activity Programs:
 - Extreme Takeover – Taking control of your health in 2010.
 - Couch to 5K – Walking/running program.
 - Promote – The Club Wellness Center

Effective Program Design

▶ Quarterly Focus

◦ April – May – June

• Nutrition Programs:

Portion Control – Size Matters

Eat More Fruits and Veggies

Promote – Weight Watchers at Work & Health Weight Advantage.

Effective Program Design

▶ Quarterly Focus

◦ July – August – September

• Work/Life Balance Programs:

Family Fitness Activities – Calendar and tip sheets

Active Family Vacations

Promote EAP

Effective Program Design

▶ Quarterly Focus

◦ October – November – December

• Combination Physical Activity & Nutrition Programs:

Falling for Fitness – Finding your workout personality.

Maintain Don't Gain – Preventing weight gain during the holiday season.

Promote – Safety at work through Ergonomic Assessments and in-service lifting techniques.

Evaluate and Plan

▶ Review data to determine top five risks.

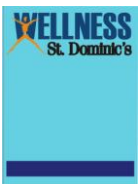
▶ Present results to senior management.

▶ Integrate Health Management Vendor recommendations.

▶ Develop program ideas with Wellness Committee for upcoming year.

▶ Prepare and implement new programs.

Wellness St. Dominic's



Employees Working Well

Contact Information:

Deidre Mooney
dmooney@stdom.com
601.200.6446